

Situation Update

Influenza activity is widespread and increasing in Salt Lake County.

- Hospitalizations: 101
- Deaths: 3

General

Since vaccinations began on October 7th over 18,000 doses have been administered at SLVHD clinics.

There is no out-of-pocket expense for the vaccine at SLVHD clinics, although some private providers may charge a small administration fee.

- **People are asked to please bring their insurance card to SLVHD clinics if applicable for administrative billing.**

Supply

SLVHD has a little over 7,000 doses of vaccine available for the mass vaccination clinic (details below).

- Supply is limited to injectable vaccine ("flu shot"), which has restrictions.
- All SLVHD clinics are currently out of nasal spray vaccine.
- Limited supply of H1N1 vaccine have been sent to private healthcare providers in Salt Lake County.
- Residents are encouraged to contact their healthcare provider to check availability.

Availability

Private healthcare providers are now receiving doses of the H1N1 vaccine. Please check with your healthcare provider for availability.

SLVHD has scheduled a mass vaccination clinic for Saturday, October 24th.

- **For the mass clinics, SLVHD is expanding eligibility to:**
 - **Pregnant women**
 - **People who live with or care for children younger than 6 months of age**
 - **Health care or emergency medical personnel with patient contact**
 - **Children age 6 months to 24 years of age**
 - **Those under the age of 64 with chronic medical conditions associated with higher risk of medical problems from influenza**
- **The following clinics will be open Saturday from 7:00 a.m.-1:00 p.m. or until all vaccine doses are gone.**
 - **South Main Public Health Center**
3690 South Main Street
Salt Lake City, Utah 84115
 - **Ellis R. Shipp Public Health Center**
4535 South 5600 West
West Valley City, Utah 84120
 - **Salt Lake City Public Health Center**
610 South 200 East
Salt Lake City, Utah 84111
 - **Southeast Public Health Center**
9340 South 700 East
Sandy, Utah 84070
Extended hours have been suspended.

It is anticipated large shipments of vaccine, both H1N1 nasal spray and injectable, will begin arriving in early November. As more is made available, the health department will work closely with local partners to vaccinate those at high risk for H1N1 in our community. These individuals include:

- Pregnant women
- Household contacts of infants 6 months or younger
- Children age 6 months to 24 years
- Those **under** the age of 64 with chronic medical conditions.
- Health care workers and emergency services personnel with direct patient contact

Safety

The H1N1 vaccine is made the same way the seasonal influenza vaccine has been made for many, many years. It has a good safety record.

For those concerned about the preservative thimerosal, preservative-free vaccines will be available.

Common side effects are similar to the nasal spray and injectable vaccines for seasonal influenza, which are mild, localized reactions:

- Possible side effects for injectable vaccine:
 - Soreness, redness, tenderness or swelling at injection site
 - Headache
 - Muscle aches
 - Fever
 - Nausea
- Possible side effects of live-virus nasal spray vaccine:
 - Runny nose
 - Headache
 - Sore throat
 - Cough
 - Fever (not common in adults)

More Information

More information is available at www.slvhealth.org/h1n1 or by calling 2-1-1.

- Other information resources:
 - [SLVHD on Twitter](#)
 - [SLVHD on Facebook](#)
 - [SLVHD on YouTube](#) (View our “Day #1 – H1N1 Vaccinations Begin” video)

Prevention Messaging

Take everyday actions to help you stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands with soap and water after you cough, sneeze or blow your nose.
- Wash your hands often. Use warm water and scrub for about 20 seconds. Alcohol-based hand sanitizers are also effective (at least 60% alcohol)
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you are sick! CDC recommends you stay home from work or school until your fever has been gone 24 hrs. Limit your contact with others to prevent the spread of infection.

Know how to limit the spread of H1N1 in your home.

- Keep the sick person away from others as much as possible.
- Ensure the sick person covers their coughs and washes their hands often with soap and water or an alcohol-based hand sanitizer – especially after coughing or sneezing.
- Have everyone in the household clean their hands often.
- Ask your healthcare provider if household contacts of the sick person – such as those with chronic conditions – should take antiviral medications to prevent flu.
- Learn more about caring for yourself or a sick person at home at www.slvhealth.h1n1.

Stay informed. Visit www.slvhealth.org or call 2-1-1 for accurate, reliable information.

Preparedness Messaging

Ensure you and your family are prepared this flu season.

Procure the proper supplies now so you don't have to shop when ill:

- Plenty of clear fluids such as broth, clear juice or water
- Tissues
- Disposable gloves
- Bleach
- Thermometer
- Soap
- Acetaminophen or ibuprofen
- Anti-bacterial hand sanitizer
- Paper towels
- Garbage bags
- Over-the-counter or prescribed medicines you take every day

Talk to your employer now about your options.

- Ask if you can work from home if you are ill and/or taking care of an ill family member.
- Ask them for their sick policy specific to H1N1.

Know the best way to reach your healthcare provider by phone, including after hours.

- The health department recommends ill persons CALL their health care provider with questions before seeking medical care, unless severely ill.
 - Severely ill: difficulty breathing, high fever that does not respond to medicine, difficulty keeping liquids down,
- When H1N1 is active in our community, health care providers can easily become overwhelmed with mildly ill patients who seek unnecessary medical care.
- Know what symptoms to look out for and when your health care provider will want you to seek treatment.

Predetermine how a sick loved one would be cared for. Make plans for alternate childcare.

- Talk with family members and loved ones now about how they would be cared for if they got sick.
- Ensure you have a plan for alternate childcare in case your primary caregiver becomes ill or schools temporarily close.

Questions? Need more detailed information?

- **Call 2-1-1.**
 - *Please refrain from calling SLVHD's main phones or clinic numbers.*
- Visit www.slvhealth.org/h1n1.
- [SLVHD on Twitter](#)
- [SLVHD on Facebook](#)